



**Malcolm Balk
and Andrew Shields**

Master the Art of Running

**Raise Your Performance with
the Alexander Technique**

Master The Art Of Running Raising Your Performance With The Alexander Technique

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Master The Art Of Running Raising Your Performance With The Alexander Technique:

Master the Art of Running Malcolm Balk, Andrew Shields, 2015-06-04 Although running is becoming one of the most popular sports learning to run properly can take time energy and consistency You need to do it regularly to become good at it and until you have achieved a certain level of competence it is unlikely that you will enjoy it very much or for very long For many runners physical and mental barriers can stop progress This book s ultimate aim is to help you enjoy to run to enjoy the feeling of movement to overcome inertia to renew yourself and to boost energy as a result Master the Art of Running is based on the proven principles of the Alexander Technique that encourage good body use and greater awareness of the way your body functions and moves The technique teaches you how to release tension from your back and neck and how to run without suffering from injuries The authors perspective on the sport takes them into areas rarely touched on in conventional manuals Instead of placing importance on speed targets and goals it emphasises the importance of the way you run so you can transform your training and performance

The Art of Running Andrew Shields, Malcolm Balk, 2016-04-14 Although running is becoming one of the most popular sports learning to run properly can take time energy and consistency You need to do it regularly to become good at it and until you have achieved a certain level of competence it is unlikely that you will enjoy it very much or for very long For many runners physical and mental barriers can stop progress This book s ultimate aim is to help you enjoy to run to enjoy the feeling of movement to overcome inertia to renew yourself and to boost energy as a result Master the Art of Running is based on the proven principles of the Alexander Technique that encourage good body use and greater awareness of the way your body functions and moves The technique teaches you how to release tension from your back and neck and how to run without suffering from injuries The authors perspective on the sport takes them into areas rarely touched on in conventional manuals Instead of placing importance on speed targets and goals it emphasises the importance of the way you run so you can transform your training and performance

Master the Art of Working Out Malcolm Balk, 2015-06-04 Although gym membership is on the increase the way people actually exercise in the gym is rarely correct and frequently causes injury Activities that should be pleasurable and fulfilling often end up being frustrating can cause injury or are simply regarded as boring Often the desired effects are not achieved due to bad technique Master the Art of Working Out teaches us how to approach our gym workout in a new and refreshing way We are encouraged to look at working out as an art rather than just a means to an end Balk and Shields have developed a way of improving a gym workout using the principles of the Alexander Technique This simple method promotes coordination balance posture the importance of the relationship between the head neck and back body awareness and efficient body use The book teaches that if you focus on what you are doing and all these things are done properly then the workout will achieve the desired effect The author look at all aspects of gym exercise including resistance training using gym machines fitness classes including aerobics step pilates yoga and Tai chi The book has illustrations showing the wrong and right technique

The Alexander Technique Pedro de

Alcantara,2021-04-26 To live is to face problems and to find solutions for them We do so consciously or unconsciously using intuition reason imagination and many other faculties We notice a situation we draw conclusions from what we see hear and feel and we act on our conclusions in a constant process of observation analysis and remedy My shoulders are tight because I am under a lot of stress I need a good massage We observe a problem tight shoulders analyse the cause stress and seek a remedy for it the massage But what if we have misunderstood the problem What if our description of the problem is based on false perceptions or our analysis on false assumptions What if the solution aggravates the problem This book is about our suppositions habits and behaviours It is about posture and attitude tension and relaxation movement and rest It is about interpersonal relationships sports and performing arts Above all it is about embodied emotions and the body that thinks and feels In this fully revised new edition Pedro de Alcantara invites you to redefine the meaning of health and wellbeing using the insights and tools developed by a man of genius F M Alexander **Master the Art of Swimming** Steven

Shaw,2015-06-04 Swimming improves your flexibility tones your body and can help to boost your self esteem and produce a sense of well being It is the nation s most popular sporting activity with 11 9 million people swimming regularly However most people don t know how to swim properly This book is based on a 35 year voyage of discovery into the art of swimming Steven Shaw s method takes the Alexander Technique into the swimming pool focusing on releasing tension from the head neck and back Steven has evolved a unique way of breaking down strokes into a series of therapeutic movements which can be practised individually or with a partner in a pool or on dry land These provide the building blocks which combine to make it possible for anyone to recraft their own strokes in a way that promote good body use and avoid injuries Instead of performing physical actions in an automatic way you begin to learn body awareness This way of swimming not only feels freer and more open it is graceful and has a sense of flow often absent from the way many people swim Shaw looks at the most popular strokes front crawl back stroke breast stroke and butterfly focusing on maximum efficiency and minimum strain

The Art of Running Malcolm Balk,Andrew Shields,2000 For millions of regular runners and for many of those new to the sport physical and mental barriers can stop progress far short of full potential Too often an activity which should be pleasurable and fulfilling instead leads to frustration and injury The Art of Running is based on the proven principles of the Alexander Technique which Musical America ,1915 Forthcoming Books Rose Arny,2000 **The New York Times** **Theater Reviews, 1870-1919** ,1975 **The Billboard** ,1927 **The New York Dramatic Mirror** ,1909 **Words on Cassette** ,2000 **Books in Print Supplement** ,2002 **Moose Magazine** ,1948 *Books in Print* ,1994

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